

**GOVERNMENT OF INDIA  
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMEOPATHY (AYUSH)  
LOK SABHA**

UNSTARRED QUESTION NO:491  
ANSWERED ON:26.02.2016  
Efficacy of Yoga in Treatment of Diseases  
Solanki Dr. Kirit Premjibhai

**Will the Minister of AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMEOPATHY (AYUSH) be pleased to state:**

Will the Minister of AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH) be pleased to state:

- (a) whether the Government has assessed the efficacy of Yoga in treating/ reducing various life style diseases and if so, the details thereof;
- (b) whether the Government has conducted any study in this regard, if so, the details and the findings thereof;
- (c) whether the Government has assessed the optimum potential of yoga in the country and if so, the details thereof; and
- (d) the further measures taken by the Government for development and promotion of yoga to its potential and encourage/aware people of its benefits?

**Answer**

ANSWER

THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,  
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY  
(SHRI SHRIPAD YESSO NAIK)

(a) & (b): Yes. The details of the research projects to assess the efficacy of Yoga in treating/ reducing various life style diseases, as undertaken by two autonomous organization under Ministry of AYUSH, namely, Central Council for Research in Yoga and Naturopathy (CCRYN) and Morarji Desai National Institute of Yoga (MDNIY) are placed at Annexure-I and II respectively.

(c) & (d): The Government is well aware of the potential of Yoga both within and outside the Country. The initiative of the Government in this regard led to adoption of 21st June as the International Day of Yoga by the United Nations. The first International Day of Yoga was celebrated all over the Country and abroad on 21/6/2015. The measures taken by the Ministry of AYUSH for promotion and development of Yoga are as follows:

(i) The Ministry of AYUSH promotes Yoga by carrying out campaigns through print and electronic media. AROGYA fairs at National and State level are organized to make public aware of the benefits of AYUSH systems of medicine including Yoga. The Ministry under its Central Sector Schemes of Information Education and Communication (IEC) and International Co-operation extends financial assistance to State Governments and other reputed Government/ Non-Governmental Organizations/ Universities for conducting National/ International seminars/ workshops/ symposiums to promote AYUSH systems including Yoga.

(ii) The Ministry of AYUSH has initiated a Scheme for Voluntary Certification of Yoga Professionals. First phase of the Scheme to certify Yoga teachers was launched on June 22, 2015. The Scheme is being operated by the Quality Council of India (QCI), an apex quality facilitation and accreditation body, under the Ministry of Commerce and Industry.

(iii) The Government of India has approved the National AYUSH Mission (NAM) which, inter-alia, envisages better access to AYUSH services including Yoga and strengthening of AYUSH educational institutions. The Mission provides for:

- (a) co-location of AYUSH facilities at Health Centers/Hospitals including Yoga facilities;
- (b) upgradation of exclusive State AYUSH Hospitals & dispensaries including hospitals with Yoga centers;
- (c) upgradation of State Government teaching institutions including those of Yoga and
- (d) Yoga and Naturopathy Wellness Centres as per guidelines as deemed appropriate by the States under the flexible component. The proposals are sanctioned under the NAM on receipt of the same from the State/ UT Governments.

(iv) A scheme titled "Yoga Training for Police Personnel" has been initiated by the Ministry. A Financial assistance in the form of recurring grant of Rs. 7.00 lakh and non-recurring grant of Rs. 1.00 lakh (one time) will be provided to each district of the State/UT.